

# SABBATH SCHOOL

Jr. High School Sabbath Instruction Program — Teacher's Outline

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Level J • Unit 2 • Week 3

## CHARACTER OR PERSONALITY TRAITS

### **OBJECTIVE:**

To self-analyze the character traits that make us who we are in order to understand what we do and how we should be.

### **MATERIALS:**

Bible, note paper and a pencil. (Note paper should be about the size of 3-by-5-inch cards, 10 pieces per student.)

### **ENGAGEMENT:**

The definition of character (some might say personality) is: Habitual patterns and qualities of a person, activities and attitudes; distinctive individual qualities of a person.

You should give a character trait of your spouse or friend. Ask the students what kind of character or personality traits their parents or a sibling might have. Ask the students what character traits Jesus has. What about the devil? Tell the students that we will be looking at our own character traits, both good and bad.

### **EXPLORATION:**

Pass out paper and pencils. Ask the student to write down 10 character or personality traits of their own (one trait per piece of paper). These need to be both good and bad. Have the children take turns reading off their 10 personality traits.

After the students have done this, ask them to put the traits in order from best to worst. Then ask the students, "If you could get rid of three traits what would they be?" Ask each student what the three traits were. Have the children toss them in the trash can or on the floor.

When this is done, ask the students to read off the traits that they have remaining, in order from the ones that they like the best to worst. Compliment them on the kind of person that they are becoming. If a student still has some negative character traits tell them that by getting rid of the other traits you can see an improvement in the kind of person that they are. Tell the children that we need to work on getting rid of one or two negative character traits at a time, it is hard to change everything at once. It is much easier to do a little bit at a time. Ask the students to describe ways in which they can work to eliminate their negative character traits in real life.

**EXPLANATION:**

Students will have a good understanding of what makes them who they are and a good idea of where they need to be going and growing as a person in God's Church.

**ELABORATION:**

Students will then open their Bibles to Proverbs 10:23 and 1 Peter 2:12. Other verses that deal with the spirit or heart are Romans 8:5; 1 Samuel 16:7; and Nehemiah 2:2. These verses are my personal preference, feel free to use others.

**EVALUATION:**

The teacher observes the students by watching the way that they interact with one another and their choices throughout this lesson.

**EXAMPLES OF CHARACTER TRAITS:**

happy-go-lucky	procrastinator
studious	bratty
polite	cautious
kind	irritable
respectful	excitable
generous	moody
thoughtful	cranky
lazy	temperamental

Students may offer roles (sister, cousin, daughter, son, nephew, student, etc.) in lieu of character traits. Help them to translate these labels into character descriptions. For example, if a student lists that they are a son, help them to rewrite that as caring, obedient or loving.